

RETAINERS OF LATE DOWAGER PAY RESPECTS

Floral Tributes Are Laid Upon the Casket of Kapiolani.

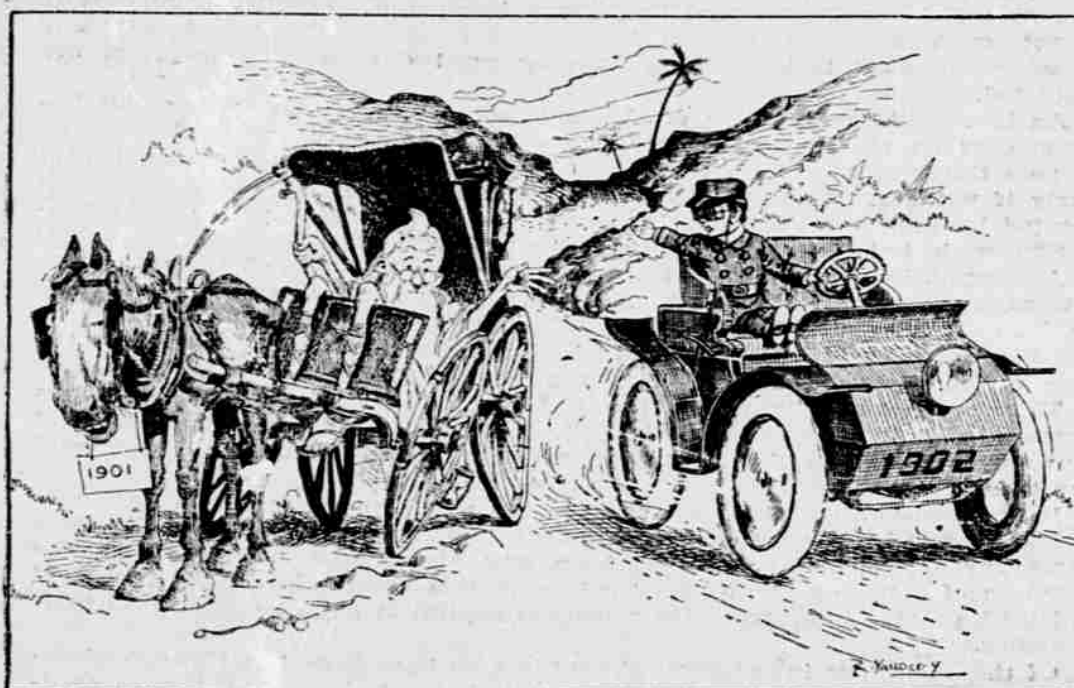
Interior of Mausoleum Decorated
With Island Blossoms and
Kahilis.

Plans Making for Removal of the Caskets
to a Beautiful Vault Beneath
a Monolith.

WITH HEARTS full of sorrow, the old retainers of Queen Dowager Kapiolani yesterday morning entered the royal mausoleum where lie the remains of the Kalakaua dynasty, and covered the caskets with leis of ilima and pandana and with fragrant masses of malle. Tenderly the old servants bestowed their floral tokens amid the mournful wailing of an old chanter, who recited the virtues and deeds of the late Queen. It was her birthday. At 11 o'clock the retainers silently gathered near the mausoleum entrance. The iron doors were opened by Mrs. Maria Beckley Kehea, the keeper, and a small procession entered the sacred precincts. At the head was Princess Kalaniana'ole, accompanied by many people, including the Chiefess Keanu, Mrs. R. W. Wilcox, J. F. Colburn, representing Princes David and Cupid, and the retainers. The old chanter filled the mausoleum with his wails and soon all were in tears. The caskets of King Kalakaua and Queen Kapiolani were covered with deep black palls emblazoned with the royal arms of each. Surrounding the space were the kahilis, the feather emblems standing like sentinels on guard. Bouquets of natural La France and Beauty roses and artificial flowers rested on easels; and floral crowns in purple and yellow were conspicuous by their fragrance, as well as their hue. Princess Kalaniana'ole with dainty touch arranged the leis and malle upon the caskets until they were almost buried beneath the tokens. The caskets of the Queen's relatives were also remembered and upon all of them, including those of Princess Likelike, Princess Kaiulani and Prince Edward, were placed many flowers and strands of leis. The deep purple and black palls formed a striking background for the brilliant yellow of the ilima leis arranged in festoons. The retainers crowded about the royal caskets eager to again touch the palls, as it is only upon the occasion of the Dowager's birthday that they are permitted to enter the mausoleum. The simple ceremony occupied not more than three-quarters of an hour, during which time the chanter, Paaloka, once the chief oil singer for Kalakaua and Kapiolani, continued his peculiar, weird song, in which the genealogy of Kapiolani and all her family for generations back was given with monotonous rhythm. Among those who entered the mausoleum, besides those already named, were Hon. J. Lot Kaulukou, Mr. and Mrs. J. H. Wise, Edmund Hart, Morris Keohokalele and the clerks of the Kapiolani Estate office.

Negotiations are now pending for the transfer of the keeping of the mausoleum and grounds from the Territory to the remaining members of the royal

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TA TA, OLD YEAR.

MORE VEGETABLES AND LESS MEAT IS THE DIET FOR THE TROPICS

Honolulu Physicians Generally Agree Upon Light Foods for Local
Tables Saying That Nature Here Has Provided
a Proper Bill of Fare.

WHAT should a person eat in the tropics so as to get the least inconvenience and the most value from food? These questions were put, yesterday, to a number of local physicians:

Dr. W. J. Galbraith said that scientifically it is proven that foods derived from the vegetable kingdom were the proper ones for people living in tropical countries.

"The requirement of vegetables in a country surrounded as we are by salt water, is of the first importance. I don't believe we require nearly the amount of animal food, and especially of oily food, that we do in cold regions. It is a well known fact that the colder the country the greater the consumption of such food, the fatty and oily substances maintaining a body temperature. The reverse applies in tropical and semi-tropical countries. I consider vegetable food not only scientifically, but practically, advantageous in a warm climate. This naturally embraces fruits. We should consume more vegetables here than in a cold country. Another feature, too, is the amount of coffee and tea drinking in the Hawaiian Islands. I believe that both, in an creating country, are great factors in producing nervous troubles. Their stimulating effect on the nervous system, in a climate of this character is acute. I think cocoa and chocolate preferable."

Dr. C. F. Camp said that where nature produced so much fruit and vegetables, it was probably intended that people living there should use such food. He said that in cold countries meat should be eaten, as the fats and juices keep the body warm. This was not necessary in a tropical country, and undoubtedly more fruits and vegetables and less meats would be better. There is much dyspepsia here, probably due to the eating of too much heavy food. The eating of meats and fish in a tropical country also brings humors on the skin. Dr. Camp believed that meats were difficult to digest in such a climate as Hawaii has. On the other hand, fruits and vegetables are easily assimilated and digested.

Dr. H. C. Sloane strongly advised against a heavy meat diet, urging instead, fruits and vegetables. "I am of the opinion that there is too much meat consumed in this country, and that if the people here would use more fruit and vegetables and less alcohol, their general health would be better. That is the situation in a nutshell. A man should be temperate in all things here in eating and drinking. All the Americans who come from their cold

country eat very much the same as they did in the States. They have formed the habit of eating heavy foods, such as meats and accompaniments, but are hurt by it here. The habit should be broken, and a vegetable diet courted."

Dr. C. B. Wood said that the people of the Islands were prone to a meat diet, and not a vegetable one. "The people ought to eat less meat and more fruit and vegetables. They know this, as a general rule, but fail to observe it. Meat diet is adapted to a cold country. Here they eat too much meat, drink too much in the way of stimulants, and smoke too many cigars. In a hot climate they cannot smoke and drink at pleasure. It is not beneficial. A continuous meat diet in this country produces rheumatism, and is apt to lead to kidney troubles. People are naturally subject to kidney trouble, as these organs are overworked, no matter what one eats. So much water passes from the system through the pores that the solids, not being flushed by the proper amount of liquids, cause the kidneys to be overtasked. In short, heavy food leads to rheumatism, kidney troubles, and an excess of uric acid in the system. I don't think people drink enough water. There is so much more water passing off through the pores that it is necessary to supply the deficiency for the kidneys. For this climate vegetables and fruits are practically the best diet for all."

Dr. R. P. Myers said that by all means a fruit and vegetable diet was preferable here to a meat diet. A meat diet was hurtful to the system in a tropical climate, and was not needed. There was a plentiful supply of fruits and vegetables in the Hawaiian Islands, and if the people would pay more attention to them and leave meats alone, except game, poultry and fish, they would keep in much better health. He said that fresh eggs were excellent part of a tropical diet, and milk was also an important factor. His experience in practice here taught him that people who leaned toward a vegetable and fruit diet were in better health than those who continued to use a meat diet, such as is necessary in a cold place.

Dr. W. H. Mays—"When I first came to this climate I believed it was best not to eat too much meat. I have changed my opinion entirely, and believe that people should eat just as much meat here as they do in cold climates. The demand upon the system is very great, and for those in the habit of eating plenty of meat, I think it risky to change. I know that in this I differ from many, but in my

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THE MONEY NOW IN TREASURY IS ALL-SUFFICIENT

Department Heads Agree to Make Both Ends Meet.

Executive Council Adopts Pro
Rata Plan in Reducing Three
Months' Expenditures.

Seven Hundred Thousand Dollars Now in
Treasury Will Carry Govern-
ment Through.

BY A plan adopted yesterday the Executive Council has so regulated expenditures that the money now in the Territorial Treasury will be sufficient for all needs of the government until the next payment of taxes. There is now on hand about \$700,000 which, with economy in the various departments, will be sufficient to supply all needs without any special session of the Legislature. Treasurer Wright gave a statement of pro rata expenditures for the next three months, and which the heads of departments agreed would suffice, unless there was some unusual and unlooked for expense.

If the plan adopted yesterday works out satisfactorily it will be continued through the year, and will be ample until taxes begin to come in next November. Besides the Governor, there were present at the meeting, Secretary Cooper, Superintendent Boyd, Land Commissioner Boyd, Attorney General Dole, and Treasurer Wright, and it was the general opinion that the pro rata plan adopted could be successfully carried out. Some of the improvements intended by the Public Works Department will of necessity be delayed, but all of the most important will be carried through.

The application of the trustees of Central Union Church for leave to amend their charter to allow an increase in the amount of property to be held by the corporation to \$500,000, was granted.

The application of the Hawaiian Agricultural Company, to be allowed to purchase land in Kau, now held under a lease which expires soon, was granted. The company proposes that the land be offered at an upset price of \$1,000.

The offer of Mrs. Mary E. Foster, through the Superintendent of Public Works, to give land for the extension of Fort street, in exchange for a Tanalus lot, was accepted.

Inspector of Electric Wires.

The Department of Public Works has appointed an Inspector of electrical wires and wiring, and issued notice that under Section 612 of the laws referring to buildings, the rules and regulations of the National Board of Fire Underwriters have been adopted, for the government of all wiring. There will be issued permits to place wires in buildings, and before any current may be turned on there must be a certificate of the government inspector. The new position has been filled by the appointment of W. F. Frazer, who was at one time connected with the electric lighting company, and is now the superintendent of the government lighting plant.

Fixing a Date.

The Judiciary Department clerks yesterday sent an acceptance to the Capitol clerks for an association game of football. They ask that Saturday, January 11th, be fixed as the date for the game.